



Utilization of Carbohydrate Controlled Menus

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What About the ADA Exchange Diet?





American Diabetes Association 2003 Position Statement

- ✧ "It is recommended that the term 'ADA diet' no longer be used, since the ADA no longer endorses any single meal plan or specified percentages of macronutrients as it has done in the past."
- ✧ "...it is suggested that hospitals consider implementing the consistent CHO diabetes meal planning system"



Dietary Reference Intakes (DRIs)

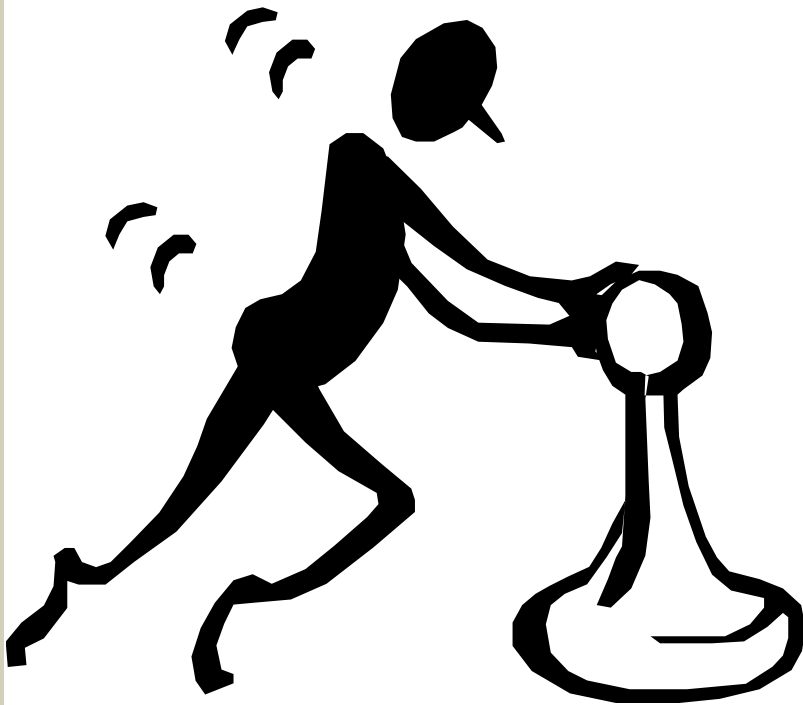
<u><i>Macronutrient</i></u>	<u><i>Current Guidelines</i></u>	<u><i>Old Guidelines</i></u>
Carbohydrate	45% to 65% of total kcals	50% or more of total kcals
Fat	20% to 35% of total kcals	30% or less of total kcals
Protein	10% to 35% of total kcals	10% to 35% of total kcals



Considerations for Change

- ✖ How to get rid of the “ADA Diet” mentality
- ✖ How to get medical staff on board
- ✖ How to educate medical staff
- ✖ Training diet line personnel
- ✖ Individual facility demographics

Strategy for Medical Staff Buy-In



- ✦ Keep it SIMPLE
- ✦ Provide in-services
 - Med staff mtg
 - Ward personnel
 - Email
- ✦ Provide a user friendly chart



Training for Diet Clerks

- ✧ Attended diabetes class in Nutrition Clinic
- ✧ Training sessions with Dietitian followed by competencies
- ✧ Menu contains portion and CHO content
- ✧ Provided easy chart for CHO distribution

Initial Diet Order

- ✧ Diet order can be written as 200g CHO or "CHO controlled" and nutrition staff will get patient's weight for CHO limit.
- ✧ CHO based on 50% of estimated needs of 20 kcal/kg at current weight
i.e. For an 84 kg patient
 $84 \times 20 = 1680 \text{ kcals} \times 50\% = 840 \text{ kcals CHO}$
 $840 \text{ kcals} / 4 = 210\text{g CHO or } 14 \text{ CHO choices}$
- ✧ CHO distributed between 3 meals and snacks



Initial Diet Order (cont.)

- ✖ Calories are not controlled unless warranted or for exceeded length of stay
- ✖ 1200 kcal minimum is used for calculations
- ✖ Most menu items are heart healthy
- ✖ Adjustments recommended by dietitian after assessment if needed

CARBOHYDRATE CONTROLLED DIET

One carbohydrate choice or serving = 15 grams of carbohydrates or:

- 1 serving of grains
- 1 serving of fruit
- 1 serving of milk

Total amount of CHO ordered (in grams) will be divided between 3 meals and an HS Snack

Food plan uses approximately 50% of estimated caloric needs as carbohydrates based on 20 kcals/kg and a 1200 kcal minimum. The dietitian will assess patient for CHO adjustment as needed.

WEIGHT <u>lbs</u> kg	Average weight used for calculation	Total CHO in grams (using 20 kcals/kg)	Total CHO servings for day (15=1 serving)	<u>HOW TO ORDER A CARBOHYDRATE RESTRICTED DIET</u>
<130 <60	<130# <60 kg	150 g	10	<u>Example:</u> Patient weighs 60 kg. Diet order: 150 g CHO Diet <u>Translation:</u> Since 15g CHO=1 serving, the patient will receive 10 CHO servings/day in the form of grains, fruit, starchy vegetables, and dairy in the following manner: 3 CHO Choices for Breakfast 3 CHO Choices for Lunch 3 CHO Choices for Dinner 1 CHO Choice for Snack
131 - 150 54.5 - 68.04	141# 64 kg	160 g	11	
151 - 170 68.65 - 77.11	161# 73 kg	183 g	12	
171 - 200 77.72 - 90.72	186# 84	210 g	14	
201 - 220 91.36 - 99.79	211# 96 kg	240 g	16	
221 - 240 100.45 - 108.86	231# 105 kg	263 g	17	
241 - 260 109.54 - 118.18	251# 114 kg	285 g	19	



CHO Distribution (abbreviated version)

CHO Servings	Breakfast	Lunch	Dinner	Snack
10	2	3	2	2
12	3	4	3	2
14	3	4	4	3
16	4	4	4	4
18	4	5	5	4

Adobe Café

Carbohydrate Controlled Breakfast

Chilled Fruit and Juice

Orange or Apple Juice (1 carb choice)

*Assorted Fresh Fruit (1 carb choice)

Cereals

Cold Cereal (1 carb choice per 15g)

*1½ c Hot Cereal of the Day (1 carb choice)

Entrees

*Scrambled Egg Substitute (0 carb choice)

Vegetable Omelet (0 carb choice)

-Made with mushrooms, tomato, green pepper, and onion)

Entrée of the Day with Maple Syrup

-Alternates between French Toast (1 carb choice per slice), Waffle (2 carb choices per waffle), and Pancakes (1 carb choice each)

Starches/Breads

*Whole Wheat Toast (1 carb choice per slice)

½ English Muffin (1 carb choice)

½ Bagel (1 carb choice)

*Margarine (0 carb choice) *Low Sugar Jelly (Free)

Beverages and Others

*Decaf Coffee (Free)

*Sugar Substitute (Free)

Hot Tea (Free)

Skim Milk (1 carb choice)

Nonfat Fruited Yogurt (1 carb choice)



Menu Considerations

- ✂ Select vs. Non-select
 - We use a select, restaurant style menu
- ✂ Compatibility with other modified diets
 - We have same menu for Cardiac diet order
- ✂ Saturated fat and sodium content
 - Ours is low sat fat and 3-4g Na
- ✂ Fiber Content
 - We offer whole grain breads and cereals, fresh fruit, and vegetables
- ✂ Variety



Evaluation

- ✧ Test trays more accurate
- ✧ Glucose control not compromised
- ✧ Patient Feedback
 - Allows more flexibility and increases awareness of CHO counting for outpatient education
 - Meal plan information sheet on menu provides patient education



Key Lessons Learned

- ✦ Make the ordering process SIMPLE
 - Most providers don't really care what we use as long as it doesn't create more work for them
- ✦ Keep ADA recommendations and supportive references readily available
- ✦ Send a refresher message every few months to educate new providers and ward staff



Any Questions?

